

## Summer Activities for Friday

### On the Move

#### Pool Noodle Golf

Golfing has never been this simple and fun!

Materials:

- -Pool noodles
- -Empty laundry basket
- -Balloon or medium-sized ball

Instructions:

1. Set up a laundry basket on its side (like a goal) on one end of a cleared space.
2. Provide your child with a pool noodle and the balloon/ball.
3. Encourage your child to hit the ball into the goal with the pool noodle.

### Adventures Online

#### Boom Chicka Boom

Be silly with this summer song as you repeat and do the movements in the video.

<https://www.youtube.com/watch?v=hfZ-438Drls>

### Sensory Time

#### Sun Catchers

The summer sun will shine through these sun catchers and show off the fun colors.

Materials:

- 3 large zip freezer bags
- Clear hair gel
- Food coloring (at least 2 different colors)
- Tape

Instructions:

1. Place hair gel in zip bags
2. Add 2 different colors of food coloring.
3. Zip and seal tightly with tape.
4. Tape to window and let your child mix the colors.

### Story Time

#### Grumpy Frog

Do you hear frogs during the summer? Let's find out what makes this frog so grumpy.

Read Aloud: <https://www.youtube.com/watch?v=H4q7z9F9CgY>

### Arts and Creativity

#### Lazy River with Juice Box Boats

This fun activity will help your child cool down on a hot summer day!

Materials:

- Aluminum foil
- Empty juice boxes/pouches
- Drinking straws
- Paper
- Tape
- Water

Instructions:

1. Lay out a long strip of aluminum foil in a grassy area.
2. Roll the edges of the entire perimeter of the aluminum foil inward, leaving a flat surface in the center.
3. Fill the center of the aluminum foil with water.
4. Construct your boats by taping the straw opening of the box closed.
5. Tape a triangular piece of paper to a drinking straw and cut the straw to your desired height. Attach the sail to the boat.
6. Have your child float their boats along the lazy river for some cool fun in the sun!